



# Hampden Recreation Program Guide Winter I 2015



# Hampden

MAINE

*The Community of Choice in Central Maine*

[www.hampdenmaine.gov](http://www.hampdenmaine.gov)





## Contact Information

Town of Hampden

Department of Recreation

106 Western Avenue (mailing)

Hampden, ME 04444

Skehan Recreation Center

1 Main Road North (physical)

Phone: 207-862-6451

Fax: 207-862-5067

Email: [recreation@hampdenmaine.gov](mailto:recreation@hampdenmaine.gov)

Website: [www.hampdenmaine.gov](http://www.hampdenmaine.gov)

## Staff

**Shelley Abbott**, Recreation Director

**Jill McLaughlin**, Assistant Director

## Keep In Touch With Us...



# Department Policies and Miscellaneous Program Information

## Where Do I Find Out About Programs?

Program Guides are available online at [www.hampdenmaine.gov](http://www.hampdenmaine.gov), for print at home. Links are also available on Facebook and via Constant Contact Email Blasts. Program guides are no longer mailed. Program guides are available for pick up at the Skehan Recreation Center.

## How Do I Register?

Complete the included program registration form, include any program fees, and either mail in or drop off at the Skehan Recreation Center.

Hampden Recreation Department 106 Western Avenue, Hampden, ME 04444 (mail)

Skehan Recreation Center 1 Main Road North, Hampden, ME 04444 (drop off)

## After You Have Registered

Consider yourself and/or your children enrolled in the program of your choice when you send in the completed registration form and payment. Some programs may have limited enrollment and may fill. In such cases, the office will notify you and ask if you want to be put on a waiting list. Individuals we are unable to accommodate will receive a refund in full.

## Payment Policy

Payment is expected in full at the time of registration. Payments are accepted in cash and check only. Please make checks payable to the *Town of Hampden*.

Participants who have an outstanding balance will not be allowed to participate in the current session or future sessions until the balance is paid in full.

## Late Registration Policy

Late Registrations will only be accepted on a space available basis. Registrations received after the program deadline will be charged an additional \$10.00 per program participant. Please enclose the late fee with your registration payment. Participants will not be registered until this fee has been paid.

Registrations received after published program deadlines will not be guaranteed a tee-shirt (where applicable).

## Returned Check Fee

The Town of Hampden has a returned check fee of \$20.00. This fee must be paid in cash. All future registration fees for programs must be paid in cash.

## Department Policies and Miscellaneous Program Information

### Late Pick Up Policy and Charges

Program participants should be picked up promptly at the scheduled ending time for the program in which they are enrolled. Please be conscious of this and respect the private time of our staff, most of whom have other jobs to get to, or personal matters to take care of. Each participant picked up late will be charged \$10.00 per fifteen minutes or fraction thereof.

### Refund Policy

Refunds will be paid in full if a request is made one week prior to the first day of the program. For requests received less than one week prior to the first week of programming, refunds will be issued for the program cost minus a \$5.00 administrative fee, unless otherwise noted. No refunds will be issued after the first week of programming. Any individual dismissed from a program is not entitled to any refunds. Refunds are not issued due to participants not knowing the start date of the program.

### Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations, and fees are subject to change.



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### *Commitment and Vision*

*We are dedicated to serving  
our participants...*

*We strive for excellence.*

*We work with integrity.*

*As An Essential Service,*

*We Make Hampden Happier!*





## Adult Programs

### Reshaping Retirement

**Ongoing\***

**Mon., Wed., Friday | 8-9 A**

>Skehan Recreation Center

**Resident \$1 | Non-Resident \$1**

**\*Will not meet on 11/11, 12/25, 1/1, 1/18, 2/15**

Drop in program. Coed senior fitness class instructed by Physical Therapist, Dana Tardif, with focus on strength and balance at your own pace. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Pickle Ball

**Ongoing\***

**Sunday | 6-8 P (Begins 11/15)**

**Wednesday | 9:15-10:45 A**

**Friday | 9:15-10:45 A**

>Skehan Recreation Center

**\$2 Drop in Fee**

**\*Will not meet on 11/11, 12/25, 1/1, 2/14, 2/21**

Pickle ball is a paddle sport which combines elements of badminton, tennis and table tennis. Come in and learn how to play this fun new sport.

### Line Dancing with Chris

**Ongoing**

**Tuesday | 9-11 A | Intermediate Class**

>Skehan Recreation Center

**Resident \$6 | Non-Resident \$6**

Drop In program. This is a coed class. Fee is per person, per day. Participants are asked to wear dance shoes, sneakers, or bowling shoes. Please complete a registration form to be filed for emergency purposes.

### Morning Yoga

**Ongoing\***

**Thursday | 9:30-10:45 A**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

**Will not meet on 11/26, 12/24, 12/31, 2/18**

Drop in program. Yoga class instructed by Julie Morse. Participants should bring their own mat, small pillow, and blanket. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes. This program follows the school calendar, and does not occur when school is not in session.

### Fitness Boot Camp

**November 16– January 11\***

**Monday | 9:30– 10:15 A**

>Skehan Recreation Center

**Resident \$65 | Non-Resident \$70**

**\*Will not meet 12/28**

This class is designed to build strength and fitness through a variety of intense group intervals over a 45 minute period of time. We call it “Boot Camp” because we train groups of people, may be outdoors, and may or may not be similar to military basic training. WOO RAH! We are sure to modify exercises for those who don’t feel comfortable with all of the stations. This class is designed for All Fitness Levels! Taught by Amy Badger from Bodies by Badger. Minimum enrollment to run 7/maximum 25. If minimum is met, we will open the class up to a \$10 drop in fee. There will be no refunds for this program.

**>Deadline to Register 11/9**



## Adult Programs

### Winter Walking

**October 19-April 1**

**Mon., Wed., Fri. | 7-8 A**

**Tues. & Thurs. | 7-9 A**

>Skehan Recreation Center

**Adults \$2.00/ Seniors \$1.00**

Drop in program. Please complete a registration form to be filed for emergency purposes. Families welcome with adult supervision.

### *Upcoming Skehan Recreation Center Holiday Closures*

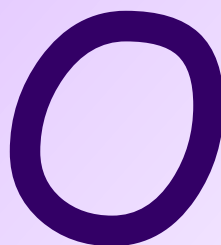
*November 11-Veteran's Day*

*November 27 -Thanksgiving*

*December 25-Christmas*

*January 1-New Years Day*

*January 18-Martin Luther King Day*



## Open Gyms

### Open Gym

**September 9-November 4**

**Wednesday | 2:15-6 P**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

Drop in program. COED. Shoot around or bring some friends for a game. Some equipment will be available for use. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Winter Open Gym- Vacation Weeks

**Wednesday | December 23 | 12-3 P**

**Wednesday | December 30 | 12-3 P**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

Drop in program, for free play. COED. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Winter Open Gym For Special Ed Students

Call the Skehan Recreation Center for available times.



## Youth Programs

### Middle School Rec. Basketball-Grades 6-8

December 13-February 7\*

*\*No program from 12/21-1/3 (7 weeks)*

Sunday | 4:30-5:45 P

>Skehan Recreation Center

Resident \$20 | Non-Resident \$25

Pick your teams, call your own recreational basketball for middle school aged kids. COED. Must register for this program.

>Deadline to Register 11/25

### Junior Hoops-Grades 1-5

November 30-February 6\*

*\*No program from 12/21-1/3 (8 weeks)*

>Skehan Recreation Center

Resident \$40 | Non-Resident \$45

Recreational basketball, one practice per week, one Saturday game TBD(AM and early afternoon times). Separate boys and girls teams when appropriate. Volunteer coaches are needed.

>Deadline to Register 11/16

### Hoops U– Grades PK-K

December 5-February 6\*

*\*No program from 12/21-1/3 (8 weeks)*

Skills Practice | Saturday | mid to late afternoon

Games | Saturday | mid to late afternoon

(Games begin January 23, 2016)

>Skehan Recreation Center

Resident \$40 | Non-Resident \$45

Introduction to the game of basketball and beginner skills. Players will have 5 skills days to prepare them for their first games starting on January 23, 2016. Volunteer coaches are needed.

>Deadline to Register 11/16

### Half Pint Hoops Age 3

Session I-November 21-December 19

Session II-January 9-February 6

Session I & II-Saturday | 8:30-9:15 A

>Skehan Recreation Center

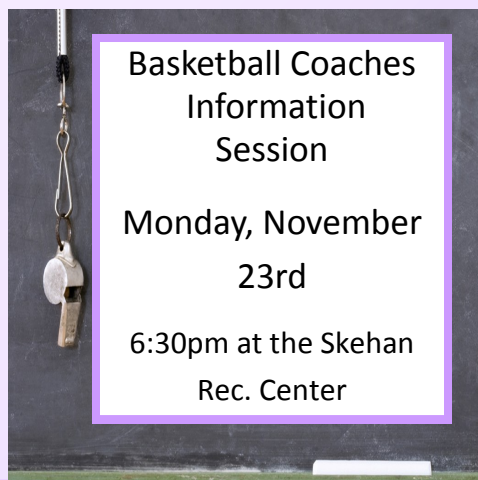
Resident \$35 | Non-Resident \$40

Children age 3 will learn the basic motor skills necessary to play organized basketball while spending quality time with their parents. The program will focus on skills associated with dribbling, ball handling, passing, catching, shooting, and running. A parent must actively participate with their child in each of the 5 classes. Minimum enrollment 5 (parent/child) with a maximum of 10 (parent/child) per class. No refunds for this program.

>Deadlines to Register

Session I: 11/16

Session II: 1/4





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### Ski and Snowboard Lessons-Down Hill (Grades K-12)

**Session I: January 5-January 28**

**Session II: February 2-March 3\***

*\*Lessons will not meet 2/16, 2/18*

**Tuesday Ski or Board | 4:30-6:30 P**

**Thursday Ski Only | 4:30-6:30 P**

>Hermon Mountain

**Ski Resident \$110|Non-Resident \$115**

**Board Resident \$110|NR \$115**

Four week instructional program. One hour lesson, one hour free ski per week. Rentals included if needed. Hermon Mtn. Ski form also must be completed. Start time for session II may vary depending on completion of session I. Hermon Mountain ski form is also required to be completed at time of registration. Price increase due to Hermon Mountain pricing. No refunds for this program.

**>Deadline to Register Session I: 12/29**

**>Deadline to Register Session II: 1/25**

### MRPA/Maine Red Claws Hot Shot Competition-age 9-15

**December 30 | 3:00 P**

>Skehan Recreation Center

**No Fee**

Basketball skills competition involves shooting from 5 "hot spots" marked on one end of the basketball court. Local winners advance to a regional competition TBA. Pre-registration is greatly appreciated to provide appropriate staffing.

### Cheering– Grades 3-5

**December 2– February 6**

**Wednesday| 6-7 P**

**Saturday | TBA\***

**\*Starting on Saturday, January 9, squad will cheer at one game per weekend.**

>Skehan Recreation Center

**Resident \$35|Non-Resident \$40**

Basic cheering skills with one practice a week through out the season. Starting on Saturday, January 9, the cheering squad will cheer at one game per weekend. Times for games will vary each week. Minimum of 10/maximum 20. No refunds for this program.

**>Deadline to register 11/25**

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## pecial Events



### Halloween Open House

**Friday, October 30, 2015**

**Skehan Recreation Center**

**4 PM to 6:30 PM**

**Free Event**

**Halloween Games,  
Inflatables, Candy,  
Costume Contest,  
Concessions and More!**

**Join Us For The Fun!**

**No Pets allowed!**

### Kid's Night Out-Grades K-5

**Sunday | December 6 | 1-6 P**

**>Skehan Recreation Center**

**Resident \$30 | Non Resident \$35**

**(additional siblings \$25 pp)**

Enjoy a night out while your kids enjoy a pizza party, games, crafts, movie, popcorn, and much more!

Kids should be dressed comfortably for play and have sneakers. Minimum of 12/ maximum of 40. No refunds for this program.

**>Deadline to Register 11/25**

**(No late registrations)**

### Hogwarts Adventures- Grades 1-6

**December 31 | 9 A- 3P**

**>Skehan Recreation Center**

**Resident \$30 | Non Resident \$35**

**(additional siblings \$25 pp)**

Come walk into the world of wizards and witches as you spend the day with Harry Potter at the Hogwarts Academy of Witchcraft and Wizardry. Get sorted into houses, design your own wands, make spells and potions, play quidditch, and much more! Come dressed as a wizard or witch to get the full experience. Participants should bring their own peanut free Lunch, and a snack. Minimum enrollment 15 to run/ maximum enrollment 40. No refunds for this program.

**>Deadline to Register 12/22**

**(No late registrations)**



# HALLOWEEN Teen Night



SATURDAY, OCTOBER 31ST  
6:00-9:00PM  
BANGOR PARKS & RECREATION CENTER  
6TH-8TH GRADE  
\$10

REGISTER AT [WWW.BANGORPARKSANDREC.COM](http://WWW.BANGORPARKSANDREC.COM)

JUST DANCE

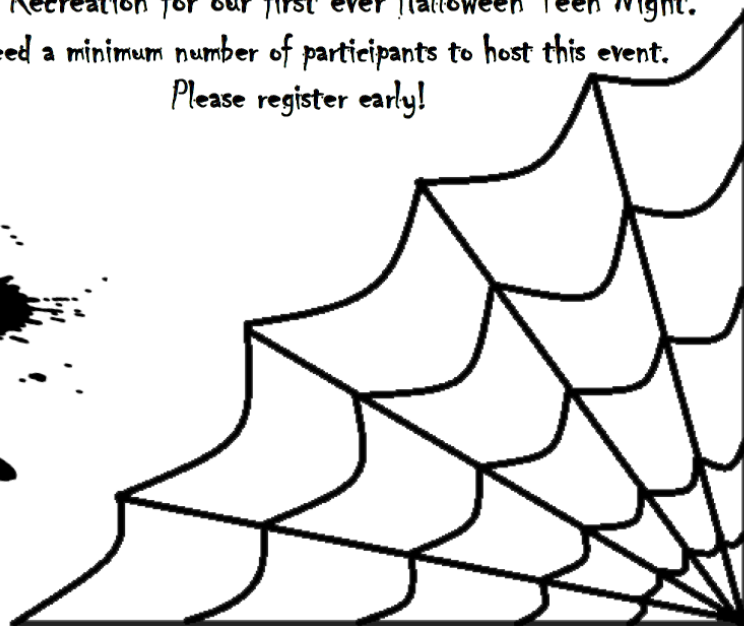
HORROR MOVIES

GAGA BALL

MUSIC

Grab your friends, throw on your costume, and join Bangor Parks & Recreation, Hampden Recreation, and Hermon Recreation for our first ever Halloween Teen Night. We need a minimum number of participants to host this event. Please register early!

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## Is The Weather Bad?

### Wondering If A Program Is Cancelled?

Skehan Center Building Closure: This facility will be closed when school is MSAD 22/RSU 22 is cancelled.

Other weather cancellations are made by 3 PM on the day of a scheduled weekday program, and by 8 AM for weekend programs.

Log on to the town website at [www.hampdenmaine.gov](http://www.hampdenmaine.gov)

Look under town departments, recreation, and program cancellation notice.

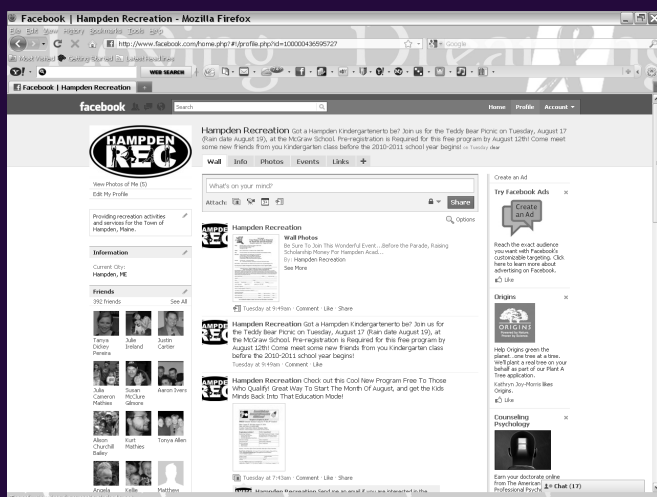
If you do not have internet access, call the Hampden Recreation Department at 862-6451. Cancellation announcements will also be left on the office answering machine.

Should the need arise to cancel due to a non-weather event or poor field conditions; we will contact team coaches who should contact their team.



## Find Us On Facebook!

### Search Hampden Recreation On Facebook



Weather Cancellations

Registration Deadline Reminders

New Program Information

Program Reminders

Program Guide Links

## Hampden Recreation Participant Registration Form

106 Western Avenue, Hampden, ME 04444 (Mailing) | 1 Main Road North (Physical) | 207-862-6451

Participants Name (First Name, Last Name)	Gender	Grade	D.O.B.	Age	Program Registering For	Program Fee

Session Registering For?   ☐ Fall                      ☐ Winter I                      ☐ Winter II                      ☐ Spring                      ☐ Summer

Volunteer Coach A Team?   ☐ Yes                      ☐ No                      Assist A Team?                      ☐ Yes                      ☐ No

Email Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Should we be unable to contact you in the event of an emergency, please list the name and contact number of another responsible adult we may contact.

Emergency Contact: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Family Physician Name: \_\_\_\_\_ Physician #: \_\_\_\_\_

Any Allergies/Medical/Behavioral Challenges: \_\_\_\_\_

**Photography Permission**-Participants in Hampden Recreation programs may occasionally be photographed or videoed for future publicity. **Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

☐ No                      Parent Initials: \_\_\_\_\_

**Waiver For Participation**-Participation in this activity may involve risk of injury or death. As a parent, guardian, or participant I am aware of these hazards and my/(my child's) ability to participate. In registering for participation in the program(s) listed above, I hereby waive and release all rights and claims against the Town of Hampden, its officers, employees, agents, volunteers and supervisors from all losses, injury, damages, fees and other expenses arising out of, or in connection with participation in the above registered activity. In addition, I give my consent for the Hampden Recreation Department and staff to act in my place in all respects should the need arise during the course of this activity or related travel. This shall include but not be limited to obtaining medical care.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only: Amount Paid: \_\_\_\_\_ / Cash/Check #: \_\_\_\_\_ / Date: \_\_\_\_\_

## Announcements!

Skehan Recreation Center | 862-6451

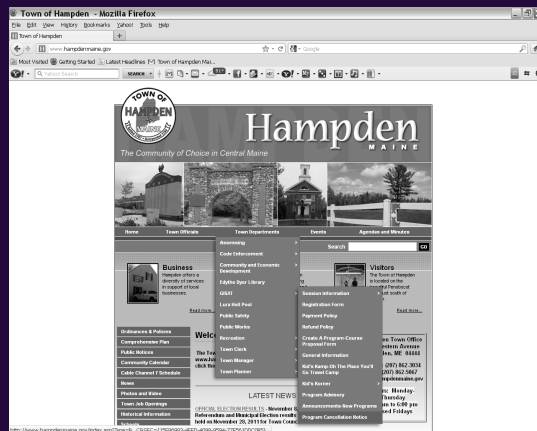
Email-recreation@hampdenmaine.gov

Recreation Department Office Hours: Monday-Friday 7 AM-4 PM

Our office is now located at the Skehan Recreation Center. You can find this building at 1 Main Road North in Hampden. Enter from the front of the building. This space was formally the "new gym" at the former Hampden Academy.

The Skehan Recreation Center hours will vary depending on the season and programming offered. This facility will be closed when SAD 22/RSU 22 school is cancelled for a snow day.

Our program guides are now exclusively online. We have begun using the Constant Contact program for email blasts regarding our services. If you would like to be added to our email list, just drop us an email and we will gladly add you! If you do not have internet access, copies of our program guide and various individual program flyers can be picked up at the Skehan Recreation Center.



www.hampdenmaine.gov



## Town of Hampden Recreation Department

106 Western Avenue (mail)  
1 Main Road North (physical)  
Hampden, ME 04444



Email us to add your name to our email list and start receiving  
email blasts via Constant Contact today!